



Renfrewshire Walking Network **Come and join us**

Health benefits of walking include:

Helps control weight • Builds and maintains healthy bones, muscles and joints • Improves the function of your heart and lungs • Relaxes you • Reduces signs of stress and anxiety • Gives you more energy • Reduces high blood pressure and cholesterol • Increases self-confidence • Keeps the brain active • Meeting new friends

Local Community Health Walks

ARE OF 1 HOUR DURATION

LOCHWINNOCH Every Monday meeting at Castle Semple Visitor Cafe at 10.30am

GLENBURN/FOXBAR Every Tuesday meeting at Glenburn Resource Centre at 10.30am

ERSKINE Every Tuesday meeting at Bargarran Community Centre at 10.30am

BARSHAW PARK Every Thursday meeting at the middle entrance (café) at 10.30am

JOHNSTONE Every Thursday meeting at Johnstone Town Centre (next to bandstand) at 10.30am.

RENFREW Every Thursday meeting at Robertson Park Gates on Inchinnan Road at 10.30am.

Wednesday Walks

Whether you like a short walk or something slightly more energetic.
Meet every 2nd Wednesday - No need to book free to join - Something for everyone.

There are two levels for you to choose from Level 1 and 2.

See our Facebook Page for more details – Renfrewshire Walking Network
or Contact Stephen Davison for more details. *Tel 0141 561 9902*

All walks are led by **qualified Volunteer Walk Leaders** who are working in partnership with
Clyde Muirshiel Regional Park Rangers
and Renfrewshire Council Environment and Infrastructure Team.

FEELING FITTER 48 – JANUARY TO JUNE 2025

Level 1

Date	Walk Title	Description, Location and Time
15/01/25	PAISLEY HEROS AND MURALS TRAIL. (LINEAR 2.7MLS/4.3KMS)	A new walk to start the year, we follow the pavement plaques for famous Paisley Heroes and view some interesting murals en route. Walk starts at 1pm at Paisley grammar school.
29/01/25	KELVIN HALL U/G TO GOVAN U/G (LINEAR 3MLS/4.8KM)	Another new walk, we walk from the underground station at Kelvin Hall to Govan via the Riverside Museum, Tall Ship and the new pedestrian bridge over the Clyde. Walk starts at 1pm at Kelvin Hall underground station
12/02/25	DYKEBAR HOSPITAL TO BRODIE PARK (LINEAR 4MLS/6.4K)	We get a good view of the former Dykebar Hospital, the grounds and facilities before going cross country to Thornliepark and on to Brodie Park. Walk starts at bus stop inside Dykebar grounds at 1pm
26/02/25	CASTLE SEMPLE TO PARKHILL WOODS (CIRCULAR 3 MLS/4.8KM)	A favourite walk taking in Castle Semple loch side, cycle track, Collegiate Church and the Parkhill Woods. Walk starts at 1pm at Castle Semple visitors centre
12/03/25	A WANDER THROUGH BODEN BOO (CIRCULAR 3MLS/4.8KM)	A walk along the Clydeside Walkway to Boden Boo woodland as far as Calders Garden Centre. Return by a more inland route. Walk starts at 1pm at main entrance to Morrisons, Bridgewater Shopping Centre, Erskine
26/03/25	NEILSTON PAD (CIRCULAR 5MLS/8KM)	A favourite walk taking us on moorland, through woodland and past a reservoir .could be muddy in parts, suitable footwear recommended. Walk starts at 1pm at Neilston Railway Station
09/04/25	HOUSTON VILLAGE CIRCULAR (CIRCULAR 4MLS/6.4KM)	Explore Houston Village and surrounding rural lanes. Mainly on paved paths, some muddy footpaths. Walk starts at. 1pm at Carrick Centre, Houston
23/04/25	EASTER BONNET PARADE (CIRCULAR 2.5MLS/4KM)	Get your Easter Bonnet on for this fun walk in the Gleniffer Country park, Easter Egg hunt and Best Bonnet prizes! Walk starts at 11am at Glen Offices, Gleniffer Country Park
07/05/25	PORT GLASGOW TO WOODHALL VIA NEWARK CASTLE AND PARKLEA. GARDEN (LINEAR 5MLS/8KM)	Riverside walk with excellent views of the Clyde, passing historic Newark Castle. We go through newly renovated Parklea Community Garden and playing field area. Walk starts at 1pm at Port Glasgow Railway station.
21/05/25	GLENGARNOCK LOCHSHORE PARKLAND (CIRCULAR 5MLS/8KM)	A pleasant walk around part of Kilbirnie Loch and surrounding countryside. Walk starts at Glengarnock Railway Station at 1pm
04/06/25	DURROCKSTOCK DAM (3.2MLS/4.4KM)	A walk round the Dam and surrounding nature reserve with rich bird life. Walk starts at 1pm at the bus stop for Castle Head Secondary School
18/06/25	DOON THE WATTER TO MILLPORT (4MLS/6.4KM)	Join us today as we meet with the other level for a day out to Cumbrae and Millport. Our walk will take us on a walk around the town of Millport to various areas of interest. Meet to register at 10.45 at Largs Pier

FEELING FITTER 48 – JANUARY TO JUNE 2025

Level 2

Date	Walk Title	Description, Location and Time
15/01/25	ALEXANDER GREEK THOMSON HERITAGE TRAIL. (LINEAR 7MLS/11.2KM)	Many examples of Greek Thomson's designs and architecture are seen on this walk. These include terraced housing, offices and a church. Walk starts at 10.30am, main gates of Botanical Gardens, Glasgow
29/01/25	FORTH AND CLYDE CANAL VIA HAMILTON HILL CLAYPITS (LINEAR 7MLS/11KMS)	A walk along the canal from Speirs Wharf to the new pedestrian bridge to the north bank of the canal. Visit to Hamilton Hill Clay Pits and Nature Reserve. Walk starts at 10.30 at the Winching statue at Buchanan Bus Station.
12/02/25	ST GEORGE'S CROSS TO GOVAN (LINEAR 5MLS/8KM)	Walk from north of the Clyde to the south taking in part of the Kelvin walkway and Kelvingrove. We will cross the river via the recently opened pedestrian bridge. Walk starts at 10.30am at St George Cross underground station
26/02/25	KIRKINTILLOCH VIA BOTHLIN BURN (CIRCULAR 7MLS/11KM)	Repeat of a recent walk outside our normal area as we explore the area around Kirkintilloch. Walk starts 11am at St Mary's Church in High Street opposite Bank of Scotland (Bus X85 or X87, Buchanan Bus Station)
12/03/25	BRIDGE OF WEIR TO BARNBETH HOUSE (CIRCULAR 7MLS/12KM)	A walk through the village and surrounding countryside up to Barnbeth House passing both Bridge of Weir golf courses. Fairly steady uphill climb at start of walk. Walk starts at 10.45am outside Co-op shop, Bridge of Weir.
26/03/25	DUMBARTON TO BALLOCH. ALONG THE LEVEN (LINEAR 6MLS/9.2KM)	This is a new walk for our group, along the banks of the River Leven to the banks of Loch Lomond. Walk starts at 10.45am at Dumbarton Central Railway Station
09/04/25	TROON RAMBLE (CIRCULAR 6MLS/9.2KM)	Many places of interest included in this walk, Fullerton Woods, Troon Harbour and beach being examples of these. Walk starts at 10.45am at Troon railway station
23/04/25	EASTER BONNET PARADE, (CIRCULAR 2.5MLS/4KM)	Get your Easter Bonnet on for this fun walk in the Gleniffer Country park, Easter Egg hunt and Best Bonnet prizes! Walk starts at 11am at Glen Offices, Gleniffer Country Park
07/05/25	PRESTWICK TO AYR (LINEAR 6MLS/9KM)	We will visit St Nicholas Church and Bruce's Well before heading for Newton of Ayr rail station along the sea front. Walk starts at 11am at Prestwick Town Rail Station
21/05/25	HELENSBURGH TO RHU (CIRCULAR 7MLS/11.2KM) VIA DUCHESS WOODS	Visiting several areas and places of interest along the route on the way to Rhu. Return route will take us along the Clyde promenade with great views. Walk starts at 10.45am at Helensburgh Central Railway Station
04/06/25	TROON TO DUNDONALD CASTLE, (CIRCULAR 7MLS/11.2KMS)	Flat for first part of walk, steadily uphill after that. Lovely castle to explore after lunch. Option to take bus back to Troon. Walk starts at 10.30 at Troon Railway Station
18/06/25	DOON THE WATTER TO MILLPORT (4MLS/6.4KM)	Join us today as we meet with the other level for a day out to Cumbrae and Millport. Our walk will take us to the top of Cumbrae before going across the island to Millport. Meet to register at 10.45 at Largs Pier.